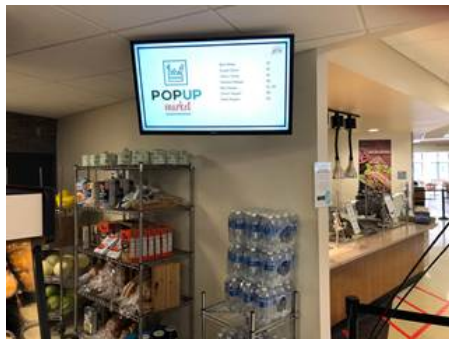


# FUN FRIDAY!

Kicking off this edition of Fun Friday is a resource we can all appreciate! Click on this link for a how-to video created by a “professional YouTuber” who offers useful **tips on how to make yourself look your best on a webcam** for all those Zoom meetings (with little actual effort required): <https://m.youtube.com/watch?v=ACNGhPKnmok#menu>

For those having difficulty completing their grocery shopping, you should know there is now a **“pop-up market” in the UF Health Shands Hospital** (north tower) cafeteria where you can purchase fresh produce, milk, eggs, shelf-stable items, and even toilet paper! Check it out below and/or in-person if you’re working on the HSC campus:



(Photos courtesy of Mark Segal, MD)

Did you know April is National Poetry Month? You can find **30 Ways to celebrate National Poetry Month at home or online** here: <https://poets.org/national-poetry-month/30-ways-celebrate-national-poetry-month-home-or-online>

And, in case you missed the notice in this week’s “UF at Work Faculty & Staff Updates”:

- *The Greater Gainesville Chamber of Commerce has put together a **printable coloring book featuring a few of Gainesville's favorite people and places**, including contributions from Florida Museum of Natural History, the Cade Museum for Creativity & Invention and First Magnitude Brewing Company. [Download and print it here](#). You can*

also download and print some **Gator-themed pages**, courtesy of the Florida Gators, via [this Twitter post](#)

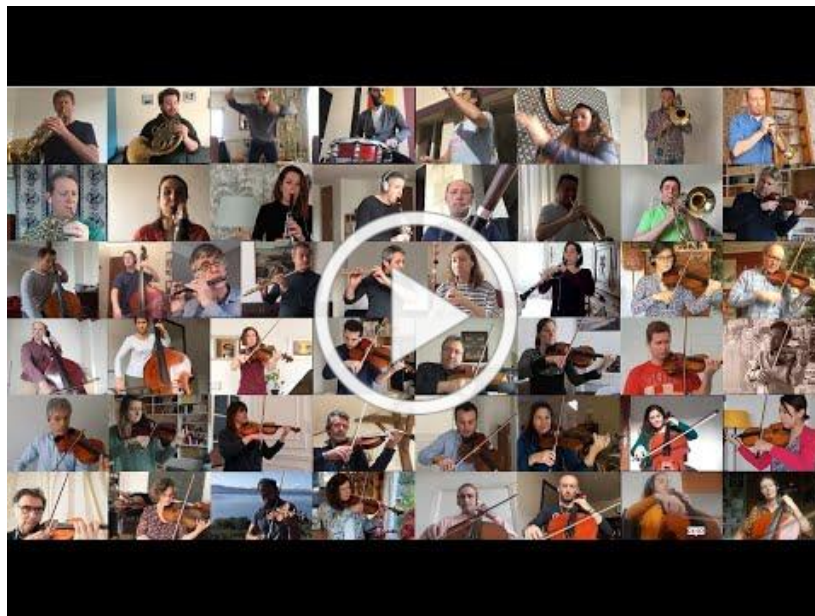
- UF at Work developed a **GatorsGo Bingo game**. If your movement of choice is walking, download our [#GatorsGo BINGO card](#) and let us know what you find. Take a photo or video on your excursion, post and give us a shout out [@UFatWork](#), tagging [#GatorsGo](#). (Feel free to yell "BINGO!" while you're walking.)

This week, Brian Jose--Director of UF Performing Arts--hand-picked another great performance for your viewing enjoyment. He shared an amazing **clip of Maurice Ravel's Boléro performed by the National Orchestra of France (while sheltering in place at home)** which you can watch by clicking the video below (or at this link:

[https://www.youtube.com/watch?v=Sj4pE\\_bgRQI&feature=youtu.be&t=47](https://www.youtube.com/watch?v=Sj4pE_bgRQI&feature=youtu.be&t=47))

As a reminder, you can also sign up to receive Brian's weekly picks at:

<https://lp.constantcontactpages.com/su/CX90OUI/BrianPicks>



There are currently several **Broadway shows and other wonderful performances available for livestreaming**. Find the schedule here: <https://www.playbill.com/article/schedule-of-free-live-stream-broadcasts-com-322823>

You can click here to watch the **fourth episode of “Some Good News”** (including some tips on managing isolation offered by the astronauts on the International Space Station): <https://www.bing.com/videos/search?q=some+good+news&&view=detail&mid=0C10F3B836E1033B612B0C10F3B836E1033B612B&&FORM=VRDGAR&ru=%2Fvideos%2Fsearch%3Fq%3Dsome%2Bgood%2Bnews%26FORM%3DHDRSC3>

Finally, remember, there are a **lot more ideas regarding how to have fun while practicing social distancing** available on the UF COM COVID-19 Resource page which you can visit here (or click on the links below): <https://wellness.med.ufl.edu/2020/04/01/resources-to-promote-well-being-during-covid-19-outbreak/#psychosocial>

### **Psychosocial Well-being**

- [Ways to Socialize While Maintaining Social Distancing Precautions](#)
- [Religious Services Offered Online](#)
- [Entertain Yourself While in Quarantine](#)
- [Free Online Cultural Experiences](#)
- [Free Online Classes](#)

Have a wonderful weekend and stay well! 😊

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